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**March 28, 2008  
PAO 03-28-08**

**FOR IMMEDIATE RELEASE:**

**Trygstad prepares for duty in Afghan combat zone**

*By Roger Anderson  
SDNG Information Officer*

HOHENFELS, Germany – Within two weeks, Capt. Jayme Trygstad will be working closely with the local police forces to bring law and order to the streets of various Afghanistan communities.

Trygstad tries to stay focused on his mission during each day's extensive training exercises, yet at night, thoughts of being home weigh heavy on his mind. His wife is expecting their second child and his son will celebrate his third birthday next week.

"It's tough leaving my family, friends and co-workers behind," he said. "But I knew that before I volunteered."

Fortunately, he's able to get on his computer at night to stay in touch with his family.

This will be his first deployment to a combat zone despite serving six years as a laboratory technician in the Regular Army and nine more in the South Dakota National Guard.

Trygstad volunteered for the mission in January and is one of 16 members of South Dakota's embedded training team (ETT) known as "Coyote One." His team is now at the Combat Training Center in Hohenfels, Germany, preparing for a one-year tour in Afghanistan supporting Operation Enduring Freedom.

"Going into the Army straightened my life out," said Trygstad, a 15-year veteran. "I couldn't pass up this chance to serve my country again."

The “Coyote One” team is made up of senior NCOs and Officers with varied military backgrounds that include expertise in artillery, engineer, communications and transportation fields. Working at the advisor level, his team’s mission will include intense problem solving as well as dealing with people and that leadership skills will prove most important.

Now facing a year in a combat zone, Trygstad reflects upon the fond memories of his days growing up in Lake Preston.

“I wasn’t exactly an angel, especially in high school,” said the `90 graduate.

At age 35 and holding a leadership position in the National Guard, Trygstad is quick to point out that his principal Paul Nelson and his math teacher Dick Ritter made a big impact on his later success.

“When I’d get sent to the principal’s office I expected a beating, instead he would give me that look – the one of disappointment,” said Trygstad. “He never yelled or screamed at me, then, he would talk to me as a young adult.”

He was saddened last month to hear that his high school math teacher had passed away.

“To this day, I still love math,” he said. “Ritter made math fun and easy. You couldn’t help but enjoy it.”

Trygstad believes it was his math skills that gave him the confidence to attend SDSU when he got out of the Army. He went on to earn a degree in environmental management and, up until now, works full-time at the SDSU Environmental Health and Safety department.

“I’m really sad that I didn’t get a chance to express my thanks to Mr. Ritter before he died,” Trygstad said. “And I hope Mr. Nelson isn’t disappointed in me, anymore.”